THE CLAIMS DEFINING THE INVENTION ARE AS FOLLOWS:

- 1. A method of for the treatment, control or prophylaxis of a viral infection in a mammal, the method including administering to the mammal an effective amount of a galactofucan sulfate from *Undaria*.
- 2. The method of claim 1, wherein the mammal is a human.
- 3. The method of claim 2, wherein the human is immunosupressed.

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- 4. The method of claim 1, wherein the viral infection is caused by a virus selected from the group consisting of HSV-I, HSV-II, Varicella Zoster Virus, HCMV, EBV, Herpes 6, Herpes 7 and Herpes 8.
- 15 5. The method of claim 4, which controls reoccurrences of symptoms associated with the viral infection.
 - 6. The method of claim 5, wherein the galactofucan sulfate is administered at least once daily for an indefinite period.

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- 7. The method of claim 4 wherein the method treats or ameliorates symptoms associated with an active viral infection.
- 8. The method of claim 7, wherein the galactofucan sulfate is administered at least once daily for the duration of the symptoms.
 - 9. The method of claim 1, wherein the virus is Acyclovir resistant.
- 10. The method of claim 1 wherein the galactofucan sulfate is administered orally30 at a dose of between about 0.05 to about 5.0g per day.
 - 11. The method of claim 10 wherein the galactofucan sulfate is administered orally at a dose of between about 0.1375 to about 0.55g per day.

- 12. The method of claim 1, wherein the galactofucan sulfate is administered in association with sporophyll material from *Undaria*.
- 5 13. The method of claim 1 wherein the *Undaria* is *Undaria Pinnatifida*.
 - 14. A process for obtaining a galactofucan sulfate extract from *Undaria*, the process comprising extracting plant material from Undaria in an aqueous solution having a pH of between about 0 and about 2, at a temperature of between about 0 and about 30°C, neutralizing the extracted solution and subjecting the solution to a separations step so as to separate out material having a molecular weight of less than about 10 000.
- 15. A composition for the treatment, control or prophylaxis of a viral infection in a
 15 mammal, the composition comprising an effective amount of a galactofucan sulfate obtained from *Undaria*.
 - 16. The composition of claim 15 in a form suitable for oral administration.
- 20 17. A composition comprising a galactofucan sulfate extracted from the leaf of *Undaria* in combination with sporophyll material from *Undaria*.
 - 18. The composition of claim 17 which comprises between about 12 to about 15wt% galactofucan sulfate.

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- 19. The composition of claim 15, wherein the galactofucan sulfate has a weight average molecular weight of greater than about 200 000 Daltons.
- 20. The composition of claim 19, wherein the galactofucan sulfate has a weight average molecular weight of greater than about 500 000 Daltons.
 - 21. The composition of claim 19, wherein the galactofucan sulfate has a weight average molecular weight of between about 500 000 and 1 000 000 Daltons.